

Comparing Food Labels

Compare the sodium content of the two Nutrition Facts labels below, noting both the milligrams of sodium and the Percent Daily Value it is.*

Canned Diced tomatoes,
No Salt Added

Nutrition Facts		
Serving Size ½ cup		
Servings Per Container about 3 1/2		
Amount Per Serving		
Calories 25	Calories from Fat 0	
		% Daily Value*
Total Fat 0 g		0%
Saturated Fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 20 mg		1%
Total Carbohydrate 6 g		2%
Dietary Fiber 2 g		8%
Sugars 4 g		
Protein 1 g		
Vitamin A 10%	*	Vitamin C 15%
Calcium 2%	*	Iron 2%
*Percent Daily Values are based on a 2,000 Calorie Diet		

Canned Diced Tomatoes

Nutrition Facts		
Serving Size ½ cup		
Servings Per Container about 3 1/2		
Amount Per Serving		
Calories 25	Calories from Fat 0	
		% Daily Value*
Total Fat 0 g		0%
Saturated Fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 200 mg		8%
Total Carbohydrate 6 g		2%
Dietary Fiber 2 g		8%
Sugars 4 g		
Protein 1 g		
Vitamin A 10%	*	Vitamin C 15%
Calcium 2%	*	Iron 2%
*Percent Daily Values are based on a 2,000 Calorie Diet		

* The regular canned tomatoes have 10 times as much sodium as the unsalted canned tomatoes. Aim for foods that are less than five percent of the Daily Value of sodium.

Label Language

The following phrases may be on food labels. It is important to understand what they mean so that you can make a wise choice.

Phrase

What It Means

Sodium

Sodium free or salt free	Less than 5 mg per serving
Very low sodium	35 mg or less of sodium per serving
Low sodium	140 mg or less of sodium per serving
Low sodium meal	140 mg or less of sodium per 3 ½ oz (100 g)
Reduced or less sodium	At least 25 percent less sodium than the regular version
Light in sodium	50 percent less sodium than the regular version
Unsalted or no salt added	No salt added to the product during processing

Fat

Fat free	Less than 0.5 g per serving
Low-saturated fat	1 g or less per serving
Lowfat	3 g or less per serving
Reduced fat	At least 25 percent less fat than the regular version
Light in fat	Half the fat than the regular version